

Providing Programming to a Transient Population



Presentation by:
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Background of the RCJC

- RCJC Population
 - ADP: 900 - 1000
 - 90% male; 10% female
 - Pre-trial, trial, post-trial stages
 - Education:
 - 6th grade average for male; 9th grade average for female
 - Race: 87% African American



The Issues...

- High Poverty Rates
 - Richmond's child poverty rate remains higher than the national average (35% poverty rate).
- Richmond accounts for the highest population of formerly incarcerated fathers returning to city communities.
 - This places a large economic and social disadvantage on the City of Richmond's and the state's resources.
- The number of individuals living in poverty in Richmond is more than two times as high as Virginia as a whole.
 - Unemployment rates in these areas are higher, as is the number of families that have single female-headed households (Virginia Department of Corrections, 2003).
- 95% of those incarcerated will return to OUR community

What is the RCJC Doing?

Mission of the Richmond City Justice Center Programs Department

Provide opportunities for each inmate to reclaim, transform, and restore their life.

Vision of the Richmond City Justice Center Programs Department

The Richmond City Justice Center (RCJC) will work to bridge the gap from incarceration to reentry into the community by addressing criminogenic needs and barriers most closely related to reoffending, in order to increase public safety, lower the recidivism rate, and transform the lives of those who have been residents of the RCJC. Focus is placed on key program pillars, including substance use disorders, mental health, job preparation, housing, educational attainment, and reentry planning.

Internal Program Department

Responsible for all internal programming available for residents incarcerated at the RCJC. Such programs are geared toward rehabilitation and treatment in order to better prepare participants for a success re-entry into the community.

- All Civilian Positions
 - Program Director – Sarah Scarbrough, PhD
 - Internal Program Coordinator – Shond Glover
 - Substance Abuse Counselor Mike Kelley
 - Client Advocate – Jamal Kelly
 - Education Coordinator – Ray Tademy, PhD
 - Education Program Assistant – Tatiana Carter (starting mid-May)
 - Chief of Chaplains – The Rev. Dr. Louis Williams
 - Law Library Coordinator – Blythe Bowman, PhD (part-time)

External Program Department

All programs that involve residents who have contact with the community, to include work release, outside work detail, weekenders, community service, and home electronic incarceration.

- Mix of civilian and uniform
 - Program Director - Sarah Scarbrough, PhD
 - Lt. Colonel Dabney – Community Custody Manager
 - External Program Manager – Ward Broaddus
 - External Program Coordinator – Dawn Page
 - Community Relations – Bill Hicks
 - Project Lifesaver Coordinator – Jerry Baldwin (Major)
 - Weekend Program Re-entry Programming – Clarence McGill (PT)
 - 7 Deputies – weekend, community service, law enforcement duties

Internal Program Department

- REAL Program
 - Provides holistic approach to address all aspects of the problem
- Components
 - Behavior Modification (trauma, coping, motivation, self help) and Cognitive behavioral change
 - Education (GED, college courses, computer classes, music class, recording studio)
 - Budgeting
 - Anger management
 - Re-entry
 - Recovery
 - Goal setting
 - Job preparation (resume, cover letter, mock interviews)
 - Parenting – motherhood and fatherhood (in partnership with RFFI)



Behavioral Modification: Trauma Informed Care

- ACE (Adverse Childhood Experience)
 - Did a parent swear, insult, put down, humiliate, make afraid?
 - Did a parent push, grab, slap, throw something at you or hit?
 - Did a person 5 years older touch, fondle, or have intercourse?
 - Did you feel that no one loved you or that family didn't look out for each other?
 - Did you feel you didn't have enough to eat, wore dirty clothes, had no one to protect or parents were too drunk/high to care for you?
 - Were your parents separated or divorced?
 - Was mom/step-mom pushed, grabbed, slapped, had something thrown at her, kicked, bitten, threatened with a gun/knife?
 - Did you live with anyone who was a problem drink or alcoholic or used street drugs?
 - Was a household member depressed or mentally ill, or did a household member attempt suicide?
 - Did a household member go to prison?

Behavioral Modification: Trauma Informed Care

- With a score of 4 or higher:
 - 260% more likely to develop COPD
 - 500% more likely to develop alcoholism
 - Females are 500% more likely to become victims of domestic violence
 - Females are 900% more likely to become victims of rape
 - 242% more likely to smoke
 - 222% more likely to be obese
 - 357% more likely to experience depression
 - 443% more likely to use illicit drugs
 - 1133% more likely to use injected drugs
 - 298% more likely to contract an STD
 - 1525% more likely to attempt suicide
- With a score of 6 or higher
 - More likely to die 20 years younger than the person with no ACEs

Behavioral Modification: Trauma Informed Care

- Resiliency – how do you bounce back – adapt and overcome risk
- Resilience develops as people grow and gain better understanding
- Comes from supportive relationships with parents, peers and others, as well as cultural beliefs and traditions that help people cope with inevitable bumps in life
- Factors that contribute to resilience include:
 - Close relationships with family and friends
 - Positive view of self and confidence in strengths and abilities
 - Ability to manage strong feelings and impulses
 - Good problem-solving and communication skills
 - Feeling in control
 - Seeking help and resources
 - Seeing yourself as resilient, rather than as a victim
 - Coping with stress in healthy ways and avoid harmful coping strategies
 - Helping others
 - Finding positive meaning in life despite difficult or traumatic events

Behavioral Modification: Trauma Informed Care

HOW To Overcome??????

42 Resilience Factors

- | | | |
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| <ul style="list-style-type: none">-Verbally Say “I Love you”- Express Feelings-Experience Success-Develop Friendships-Develop Self-Esteem-Attach to Caring Adult-Learn to Solve Problems-Respect ability to make decisions-Model appropriate behavior-Help child develop problem solving skills-Learning to self-advocate-Give back to community-Giving a choice-Ability to calm self-Work as a team-Learn to show appreciation | <ul style="list-style-type: none">-Master a Skill-Assign a responsibility-Sense triggers that create negative behavior-Develop communication skills-Helping a friend-Allowing Experience of success and failure-Learning responsibility-Teach Self Discipline-Establish consequences-Model Problem Solving-Sharing Something Important-Family Meetings-Clear Rules and Expectations-Help a child learn to express feelings-Accept ownership for behavior | <ul style="list-style-type: none">-Showing empathy-Critical thinking skills-Helping appreciate cultural and ethnic heritage-Sense of belonging-Learning to accept help-Hope-Trust-Sense of belonging-Letting Child know you are available for help |
|--|--|--|

Preparation for Release

- Re-entry Planning – Checklist
- DMV
- Job Prep/Mock Interviews
- Budgeting
- Parenting
- Clothes
- Transportation
- Child Support
- Veteran

Identifications Documentation							
Social Security Card (Obtain 120 days Prior to Release)	Yes	No	Date____ —	Veterans Identification Card	Yes	No	Date____ —
Birth Certificate (Obtain Six Months Prior to Release)	Yes	No	Date____ —	Military Discharge Papers	Yes	No	Date____ —
Picture Identification/DMV ID	Yes	No	Date____ —	Valid Driver's License	Yes	No	Date____ —
Certificate of Naturalization	Yes	No	Date____ —	High School Diploma / GED Certificate	Yes	No	Date____ —
Sex Offender	Yes	No	Date____ —	Other:			
Benefit Eligibility							
Public Assistance (TANF)	Yes	No	Date____ —	Food Stamps (SNAP)	Yes	No	Date____ —
Medicaid / FAMIS	Yes	No	Date____ —	Supplemental Security Income	Yes	No	Date____ —
Social Security Disability Income	Yes	No	Date____ —	Veteran	Yes	No	Date____ —
Other:							

How?

- Voluntary Program – Mandatory to participate in all aspects
- Rigorous Weekly Schedule – this is their “JOB”

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 - 7:30	Court pull, count, breakfast	Court pull, count, breakfast	Court pull, count, breakfast	Court pull, count, breakfast	Court pull, count, breakfast
7:30 - 8:00	Cleaning/ unlock rooms/ prepare for day	Cleaning/ unlock rooms/ prepare for day	Cleaning/ unlock rooms/ prepare for day	Cleaning/ unlock rooms/ prepare for day	Cleaning/ unlock rooms/ prepare for day
8:00 - 8:30	Cell Inspection	Cell Inspection	Cell Inspection	Cell Inspection	Cell Inspection
8:30-9:00	Feelings and Focus – Morning Meeting led by group	Feelings and Focus – Morning Meeting led by group	Feelings and Focus – Morning Meeting led by group	Feelings and Focus – Morning Meeting led by group	Feelings and Focus – Morning Meeting led by group
9:00-10:45	Phase Test Small Groups	9 – RCJC has talent (optional – hall classroom) Small Group 10 – Group with Mike Kelley	9 - Group with Jamal 10 – Community Meeting 10 – 11 –GED class	KLM/ Gilbert Howard	Community Meeting 10 a.m. – Rev. Ray Smith (every other Friday) Off week: Group with Mike EDU: 10–11 –GED Prep
10:45	Cell Break	Cell Break	Cell Break	Cell Break	Cell Break
11:00-1:30	Lunch /clean up/break/free time/rec	Lunch/clean up/break/free time/rec NOON: YOGA – optional (every other Tuesday – 3/15)	Lunch/clean up/break/free time/rec	Lunch/clean up/break/free time/rec	Lunch/clean up/break/free time/rec
1:30 - 2:00	Phase 5 member lead group 1:30 – 3 – Writing Class (Dr. T)	ROOTs (every other week) Off week: Group with Jamal Kelly (through 2:30) 1:30 – Meditation (optional) 1:30 – 3 – VCU Open Minds	Clarence-Fatherhood McShin	Ernest Armstrong Tim Green - recovery 1:30 – 3 – VCU Open Minds	1:30 – 3 Raymond Winn – NA Maurice Hill
2:00 To 3:00	2 – KLM for small group 2:00 – 2:30 – Phase 5 group continue 2:30 – 3:15 – Community led NA Meeting	ROOTs (every other week) 2 – Job Prep with Hasan Zarif - Goodwill 2:30 – 3 - Break	Clarence-Fatherhood McShin	Ernest Armstrong Tim Green - recovery	1:30 – 3 Raymond Winn - NA Maurice Hill Phase 5/Leader MRT Class
3:00 To 4:00	Community Service project or Phase Work	NA with Vanessa (every other week) Computer time – (College/Math students) Phase 5/leader: MRT	Clarence-Fatherhood McShin	Ernest Armstrong/ Tim Green – recovery Computer time – (College/Math students)	Free time
4:00 to 5:00	Dinner/clean up/Inspection	Dinner/clean up/Inspection	Dinner/clean up/Inspection	Dinner/clean up/Inspection	Dinner/clean up/Inspection
5:30 to 6:30	AA (OAR) (1 st Monday of the month) Free time when not 1 st Monday for AA	Free time until bed EDU: 5 – 6:30 p.m. – Math/GED class	Free time until bed Optional: 5 p.m. - YOGA	Free time until bed 6:00 – Optional church service (3 rd Thur.)	5:00 – 6:30 – Current Events w Dr. Datta - April 29 (see Dr. T if interested)
6:30 – 11:00	Free time – TV, Rec, Phones, etc	Free time – TV, Rec, Phones, etc.	Free time – TV, Rec, Phones, etc.	Free time – TV, Rec, Phones, etc.	Free time – TV, Rec, Phones, etc.

Phase Work

- Phase One

- Motivation to Change
- What is Motivation
- Preparing for Change: The Tower of Strengths and the Weekly Planner
- Life With Out a Crutch
- Making Sense of Addiction
- Serenity Prayer Guide Maps
- Mapping Your Steps: Twelve Step Guide Maps – Steps 1, 2, 3

- Phase Two

- Living in Balance, 1, 2, 3, 5
- Unlock Your Thinking, Open Your Mind
- Unlock your Thinking, Open Your Mind Worksheets
- Understanding and Reducing Angry Feelings
- Ending our Resentments
- Mapping Your Steps: Twelve Step Guide Maps- Steps 4, 5

Phase Work

- Phase Three

- From the Inside Out
- Living in Balance, 4, 6, 7, 11
- Time Out for Me – Men or Women
- Life after LWOC
- Slogans
- Mapping Your Steps: Twelve Step Guide Maps Steps 6, 7, 8, 9

- Phase Four

- Straight Ahead: Transition Skills
- Maintaining Your Recovery
- Living in Balance, 8, 9, 10, 12
- Job Preparation
- Financial Literacy
- Mapping Your Steps: Twelve Step Guide Maps Steps 10, 11, 12

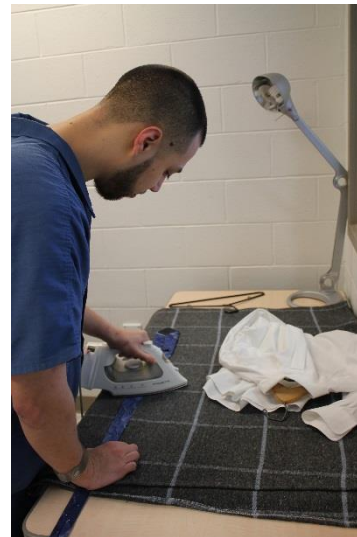
Volunteer/Selected Options

- Education
 - GED
 - Remedial Education
 - Computer Lab
 - College Courses
 - Writing Class
 - Art Workshops/Classes
 - Recording Studio
- Father Daughter Dance
- Father Son Basketball
- Motherhood Tea
- MRT
- Recovery Coach Certification through McShin Foundation
- Book Club
- Religious Opportunities
- RCJC Male Choir
- Jobs for Life
- One-on-one counseling

In the Words of a Participant...



Fatherhood Program



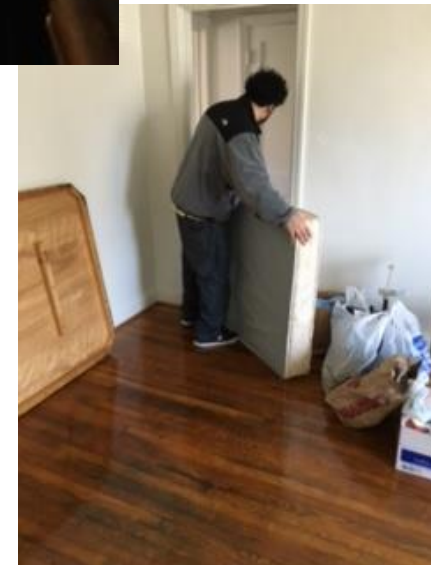
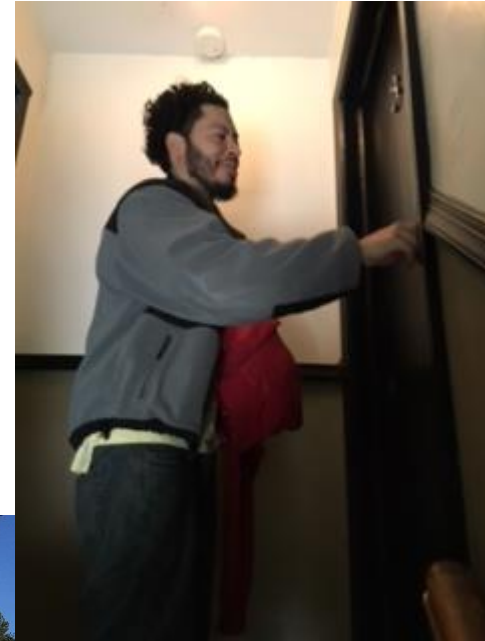
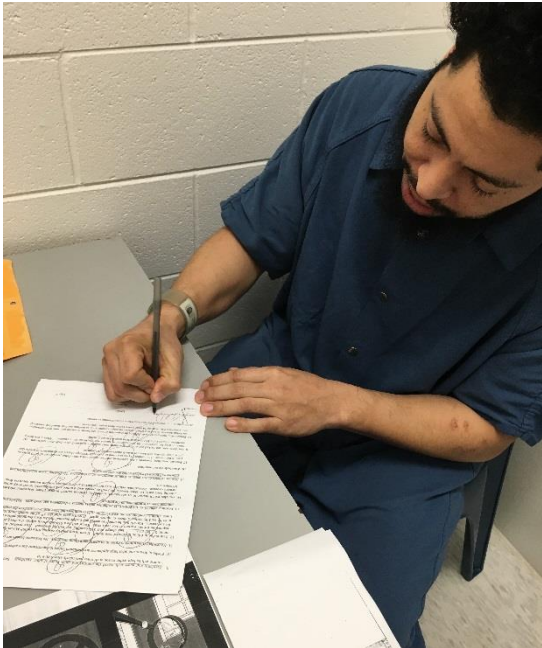
- <http://www.cnn.com/videos/tv/2015/10/19/fatherless-towns-richmond-prison-lisa-ling-orig.cnn/video/playlists/this-is-life-with-lisa-ling/>

Motherhood Program

- Facilitated by Richmond Family and Fatherhood Initiative
- Classes work to educate and give clarity on not only their journey on Motherhood, but their journey in life. The purpose of the class is to provide education and support to the women as they strive to be not only better mothers, but better women.



Housing Scholarship



- <http://wric.com/2015/12/04/the-richmond-jails-new-housing-scholarship-is-positively-richmond/>

Reoccurring Problems

- State ID = \$15
- Job and wages (livable?)
- Transportation
- Housing / Living in projects
 - Down payment for housing, credit, utilities
- Shoes/clothes/coats
- Child Support
- Relationship with baby(s) mother(s)
- Family – children – generational cycles
- Probation



MISSION: To identify, document, spotlight, and facilitate the needs of participants who go through the REAL Program at the Richmond City Justice Center and serve as a liaison between other resources in the city, both public and private, in order to continue serving their needs upon reentry from jail into our community.

- **OBJECTIVE:** To raise the public awareness and develop a platform to highlight the many issues and barriers offenders face upon release from jail or prison, while connecting offenders with the resources to overcome the barriers.
- **VISION:** REAL Life strives to highlight and address the issues often referred to as 'barriers to entry' into the community from jail. While the REAL Program in the RCJC works to address the behaviors that led to criminality and incarceration and equip offenders with tools to be successful upon release, there are still many issues that more often than not stand in the way of the offender not relapsing or reoffending after they have been released from incarceration. REAL Life will work alongside REAL Program participants upon release to assist in overcoming such obstacles, whether it is through direct service or connecting with existing services.

What has REAL Really Meant?

